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## **STARLINES – A DEEP SPACE JOURNEY TO SELF-DISCOVERY**

*by Elena Gallenberger*

What do stars, planets, nebulae, pulsars and black holes have to do with each of us and who we really are? The Monroe Institute's program, Starlines is an energetic and fascinating 6-day journey into meditative exploration of the deep space of our universe and how it connects with the inner space of our total selves. It invites us to open ourselves to the mind-bending perspective of the vastness of outer space and the miracles that dwell there.

My husband Joe, a facilitator of TMI programs for 20+ years, and I joined a small group of 7 other explorers at Roberts Mountain Retreat one cold, rainy day a few days before the vernal equinox to embark upon a most unusual voyage with Dr. Franceen King, the creator of Starlines, at the helm of Voyager 8, our communal "spaceship" for this week of exploration.

I'd been hearing wonderful things for years from TMI friends who'd participated in the program, which has been running since 2003 and had completed over 30 journeys, but one thing or another prevented us from attending until March 2013. Finally, it seemed that the stars were in proper alignment – our kids were off on their own and we were turning to a new chapter of our lives together. We had never experienced a TMI program together as participants. This was new territory for us in more than one sense of the word and we were excited!

New territory turned out to be a major understatement. Neither of us was well-versed in astronomy, except in very lay terms – we knew the major constellations, had heard about some of the new telescopes around the globe, certainly were familiar with the famous Hubble images, and, of course, being moderate Trekkies, were in the know about wormholes and supernovas, at least from a sci-fi perspective. We weren't prepared for the information-dense, fascinating "Astronomy 101 and Beyond" education that Franceen had in store for us. And here I thought we were going on vacation!

On the first day, we learned that in the course of 90 years, mankind has expanded their awareness of the heavens from thinking of the universe as our Milky Way galaxy to now knowing that our physical universe encompasses up to 400,000 billion galaxies with much of that new knowledge attained in just the past decade. When we look at the fact that Voyager 1 has been traveling through our solar system – which is just one star of billions in our galaxy - since 1978 at 35,000 miles per hour and is JUST reaching the (outer) limits of our sun's family of planets, and the Hubble telescope has detected galaxies that are 13.7 BILLION light years

away -- I don't know about you, but I felt an aneurism coming on just trying to wrap my mind around these facts.

In order to be a participant in Starlines, one must be a graduate of Gateway, Lifelines and Exploration 27 – for good reason. We progressed very rapidly from a reset of Focus 15 and 21 to Focus 27, where we all met up at the “TMI There Crystal”. This became our touching base point throughout the program, although most of our time was spent in the very cosmic levels of Focus 34/35 and beyond in Focus 42 and 49.

Many of us had some wonderful experiences back in F-27 such as perceiving group members as glowing orbs and lights. I had a beautiful vision of the group morphing into a sphere of light and heard the words “energetic spaceship” as we began to move above the crystal, whose points turned into a perfectly balanced docking station upon which our ball of light spacecraft settled itself. I thought, “Wow, that’s pretty awesome and it’s just the first day!”

As we progressed through the week, Franceen expertly guided us through a fast-paced balance of Hemi-Sync exercises and what she referred to as “Ground School” where we learned ever-more mind-blowing astronomy facts. The week was peppered with images from the big telescopes such as Very Large Array, ALMA, Keck, Kitt Peak, etc. Some of these images showed hundreds of galaxies in one image! It was fascinating to see how various cosmic bodies show up in different wave lengths such as visual light, infrared, x-ray, etc.

In the exercises, we progressed to Focus 34/35 where we made contact with our total being, or what Bob referred to as his “I There”. This was easy for me for I’d had a very vivid experience in a previous program of being in touch with my whole being and saw it as a honeycomb, with each cell of the honeycomb being a different aspect of myself – both in what we think of as past/future lives, and in aspects of myself in different dimensions of reality. So, this felt pretty homey to me! Focus 34/35 became our gathering place as we boarded Voyager 8 – our spacecraft for our explorations.

By Tuesday morning we were ready for our first trip to Focus-42. Several of us experienced a sense of disintegration of our molecules during our first visit. This was definitely uncharted territory for those of us at Starlines for the first time! Once we started these intensely deep explorations, many of the exercises included touching base quickly with the Earth Core Crystal. Franceen’s expert guidance while creating this program was very clear about every aspect of her process. Given how high we were all getting up in F-42, I thought a quick touchdown to Earth Core was a very good piece of advice! With every exercise, we moved further and further out into the depths of space, exploring our I-There Clusters, nebulae and pulsars, getting higher and higher in our energy as we went.

People were having some pretty phenomenal experiences throughout the week. As we went further and deeper, the experiences became more and more cosmic, from contact with other

civilizations in the universe to one my personal favorites. On Wednesday during a free flow F-42, I asked who I was in relation to the cosmos. I immediately began to feel myself expand – like a gaseous substance – and to fill space and everything in it. The universe morphed into what looked like a snow globe – an orb filled with endless points of light and I immediately felt myself fill that. As my energy was expanding to fill this orb, suddenly I sensed more and more of these bubbles, all grouped together. I continued expanding until my energy filled the entirety of these countless orbs which then began to flow in a never-ending river of sparkling light. A clear download came into my awareness at this point that each one of these “bubbles” was a universe unto itself and that everyone and everything is a part of ALL OF IT, world without end.

After that experience, I felt I’d certainly gotten my money’s worth and was feeling pretty full. But, our journey continued to Focus-49. Well, truly, things couldn’t get much more awesome, could they? Franceen’s guidance obviously thought, they could! As we continued our journey into the deep space of our universe, it had become very clear that this whole week was really a journey into the deep space of our whole being – AS ABOVE, SO BELOW. Bob Monroe had once observed that his I-There cluster was bonded to other I-There clusters – like the honeycomb image I had seen. Sometimes, he’d perceive that a chunk of the honeycomb would disappear. Noticing an aperture, he moved through it into a great flow of energy. A voice stopped him and told him he could go no further. It asked “what gifts do you bring, little one?” Not knowing how to answer, the voice told him he needed to go back because he had not yet gathered enough of his parts. He realized the importance of reclaiming aspects of yourself in order to go deeper and deeper into self-knowledge and self-realization.

There was no doubt that most, if not all of us, were rapidly integrating parts of our whole being as we traveled through the depths of space in Voyager 8 – energetically joined, not only as our little group of 9, but with every other soul who had taken this journey in the past and would in the future. During a Focus-49 exercise, I asked what I needed most to know at this time. I again felt myself expanding, as before, only this time, I also felt myself contracting to a sub-atomic level at the same time. As I hung out in this sensation of simultaneous expansion and contraction, I realized that it was one and the same! It came to me to ask, “What about all those universes that I saw in my earlier meditation. Are they in various dimensions, like alternate realities?” I immediately received a reply – “No, those are all in the same dimension you currently reside in.” I was then shown that all through the space these countless universes exist in are endless more universes in more dimensions that we can count. The truly incredible thing about this is that everyone and everything exists in all of them. That, and more is how amazing we are!

As we expressed our gratitude for the time spent together this week, it became crystal clear to me that the explorations of our group during these cold and rainy March days on a beautiful mountaintop in rural Virginia were one small but important step in the journey towards

wholeness – for each of us as individuals, and for all of us collectively as sparks of the ALLNESS of creation. This is important work, indeed. I'm in deep gratitude to Bob Monroe, the creator of Hemi-Sync, Franceen King for listening to her guidance in the creation of this exemplary and life-changing program, Starlines, and to The Monroe Institute, for creating safe space for all of us to continue our journey towards self-actualization and wholeness.